

The State Health Plan **PREVENTION PARTNERS**

Back on Track

The State Health Plan
PREVENTION PARTNERS
South Carolina Budget and Control Board
Employee Insurance Program
1201 Main Street, Suite 830
Columbia, South Carolina 29201

The State Health Plan
PREVENTION PARTNERS

Presents

Back on Track

**Back Pain and Injury
Prevention Program**



South Carolina
Budget and Control Board
Employee Insurance Program
1201 Main Street, Suite 830
Columbia, South Carolina 29201
803-737-3820



The State Health Plan Prevention Partners is pleased to offer the “Back on Track” Back Pain and Injury Prevention Program.

This program offers many exercises and tips for keeping your back strong, flexible and pain-free. “Back on Track” helps you to identify the causes of your back pain and injury, teaches exercises for back strength, flexibility and posture, teaches you about back anatomy, movement, body mechanics and ergonomics, and finally, explains how exercise is important in preventing back problems.

Prevention Partners’ “Back on Track” Back Pain and Injury Prevention Program includes a manual, a videotape containing one informational segment and two instructional exercise segments, a towel for exercises and a Dyna-Band for strength exercises.

The program costs \$10.00.

Health Tips:

- ✓ Don’t smoke or chew tobacco products.
- ✓ Avoid being overweight.
- ✓ Get at least a half-hour a day of moderate to vigorous exercise.
- ✓ Drink alcohol moderately or not at all.
- ✓ Eat healthy foods. Avoid saturated fats.
- ✓ Drink 64 ounces of water every day.
- ✓ Eat five servings of fruits and vegetables a day.

WARNING: Be sure to consult your physician before starting any exercise program.

Back on Track Order Form

Name _____

Address _____

City _____

State _____ ZIP code _____

Work phone _____

Quantity	Price per program	Extended price
	\$10.00	\$
Subtotal		\$
Sales Tax (5%)		\$
TOTAL		\$

CHECK OR MONEY ORDER MUST ACCOMPANY THIS ORDER. SORRY, NO I.D.T., TRANSFER OF FUNDS, CASH, C.O.D. OR INVOICES ISSUED.

Make checks payable to:
Employee Insurance Program

Mail check and order form to:
Employee Insurance Program
Prevention Partners
1201 Main Street, Suite 830
Columbia, SC 29201
803-737-3820
FAX: 803-737-0793